

## ABSTRAK

Sari Nurlatifah, (2017). Hubungan *Self-efficacy* dengan *Burnout* Guru Bimbingan dan Konseling (Studi Korelasional terhadap Guru BK di SMA Negeri se-Kota Bandung). Departemen Psikologi Pendidikan dan Bimbingan, Prodi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Guru BK sebagai profesi yang bergerak pada bidang pelayanan sosial sangat rentan mengalami kejenuhan kerja (*burnout*) yang disebabkan berbagai faktor. Salah satu cara untuk keluar dari situasi kerja yang dilematik ini adalah guru BK harus memiliki *self-efficacy*. Penelitian ini bermaksud untuk menganalisis hubungan antara *self-efficacy* dengan *burnout* guru BK di SMA Negeri se-Kota Bandung, dengan menggunakan pendekatan kuantitatif dan metode korelasional. Hasil penelitian menunjukkan adanya 1) kecenderungan umum *self-efficacy* dan *burnout* guru BK berada pada kategori sedang, 2) terdapat hubungan negatif signifikan antara *self-efficacy* dengan *burnout* guru BK. Temuan penelitian ini memberikan masukan bagi lembaga terkait seperti MGBK dan lembaga pendidik calon guru BK untuk merencanakan berbagai langkah strategis dalam peningkatan profesionalitas kinerja melalui pengembangan *self-efficacy* sebagai langkah preventif *burnout* guru BK.

**Kata Kunci:** *Burnout, Self-efficacy, Guru BK.*

## ABSTRACT

Sari Nurlatifah, (2017). Correlation between Guidance and Counseling Teachers' Self-Efficacy and Burnout (A Correlational Study of Guidance and Counseling Teachers in Senior High Schools in Bandung City). Department of Education Psychology and Guidance, Study Program of Guidance and Counseling, Faculty of Education Sciences, Universitas Pendidikan Indonesia.

Guidance and counseling teachers as professionals in the field of social services are very vulnerable to burnout caused by various factors. One of the solutions for this dilemma in guidance and counseling job is that guidance and counseling teachers should possess *self-efficacy*. The research aims to analyze the correlation between self-efficacy and burnout of guidance and counseling teachers in senior high schools in Bandung City, employing the quantitative approach and correlational method. The findings show that there was: 1) a general tendency that the guidance and counseling teachers' self-efficacy and burnout was in the medium category, and 2) a significantly negative correlation between the guidance and counseling teachers' self-efficacy and burnout. These findings have some implications for the related institutions, such as guidance and counseling teachers' associations and education institutions preparing pre-service guidance and counseling teachers, in planning various strategic stages in an attempt of improving professionalism and performance through self-efficacy development as a preventive action for burnout among guidance and counseling teachers.

**Keywords: Burnout, Self-efficacy, Guidance and Counseling Teachers.**